



## MASTER DESIGN - SAMPLE LESSON

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Created for Junior High / Middle School Ministry

Created by [Ministry to Youth](#)

## **MASTER DESIGN**

Sample Lesson: Designed to Be Loved

Bible: Jeremiah 1:5, Psalm 139:13-16, John 3:16, Romans 8:38-39

Bottom Line: God designed each one of us because He loves us.

Question: Do you have a deep knowledge of God's love for you?

## **SUPPLIES**

- Colored markers
- White copy paper
- Three or four bags with characteristics of fruit pre-written on slips of paper inside the bag
  - Examples: appearance, taste, smell, how it grows, what it does to you when you eat it, foods it goes great with, etc.

## **NOTES**

Notes on this lesson are based on the New Living Translation unless otherwise noted. On a side note, this is a great translation to use with students, especially due to its readability and accuracy.

## OPENING GAME: PERFECTING FRUIT

Make your bags of fruit characteristics ahead of time for this game. (See the supplies section on the previous page.)

Break your group into three or four total equal groups and have them form lines so they can run to the bags that have been pre-filled with characteristics of fruit. You could also have one group in each corner of the room and the bags in the middle, held by some leaders.

Say:

- Adam and Eve were so attracted to the fruit on the Tree of the Knowledge of Good and Evil that they broke God's only rule to eat some.
- Your task for this game is to design the perfect fruit—something that does not exist on the earth today.
- But here is the catch! You don't get to choose all of the characteristics.
- When I say go, you and your teammates will run up to your team's bag, one at a time like a relay, and grab one fruit characteristic out of the bag.
- Once everyone on your team has gone, you'll have to design and draw your fruit.
- Use the paper and markers to draw your fruit and be ready to describe its characteristics (appearance, taste, smell, how it grows) based on the picture.
- Once your picture is done, run it up to me, and you'll get points for turning it in first, second, third, and so on.

When all the groups are done, have them describe their fruit creations. Award extra points for creativity, most artistic, etc. Have another leader help you total up the points and award a winner.

## TEACH

For just a minute during our game, we got to experience what it might have been like to be God, except He had to create everything on earth—including the earth itself.

And He didn't have anyone telling Him what He had to make each creation out of like we did!

He got to use His own imagination.

Our next four lessons are going to focus on how God designed and created each of us in a very special way and for a very special purpose.

The Bible says in a number of places that God created each person who has ever lived out of a desire to have a relationship with them and show His love to them.

**Jeremiah 1:5** says, “**Before I formed you in the womb I knew you,**” which tells us that God designed each one of us and knew us from the very beginning of the world.

He knew you before you were even born!

If we follow Jeremiah through that story, we find out that God has a special plan for each one of us and that it is a good plan. If you want to read that, it's **Jeremiah 29:11**.

**Psalms 139:15-16** repeats the idea that God planned our days before we even lived one of them.

*[If it makes sense for your group culture, have a student volunteer to read this out loud. If not, feel free to just read it yourself!]*

**15 You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb.**

**16 You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.**

Let me give a note here – God also gave us free-choice, so it isn't like He is a puppet master pulling our strings and forcing us to do anything.

Isn't it awesome to think that God knows every moment of our lives, but we still get to choose what those moments will be and what they will have in them? Talk about mind-blowing!

As we learn about how God designed us, I think it's really important for us to understand that God designed each of us because He loves us.

Today we're going to talk about four important truths. Each truth will help us see how deeply God loves us.

1. The first truth is that we are special to God.
2. The second truth is that God gave us Jesus.
3. The third truth is that God shows His love through creation.
4. And the fourth truth is that nothing can separate us from God's love.

## **YOU ARE SPECIAL TO GOD**

Let's start with that first one. You see, you're special to God.

You may never have thought you were special before.

The world sometimes has a way of making us think everyone else is better than we are and that somehow, we are the second-best version of who we really want to be.

Have you ever felt like that? I think most people have felt like they are not good enough and that they can't measure up to who they want to be.

But the Bible says clearly that God thinks you are special, and He created you the way you are for a reason, and that He loves you just the way you are. Just look at the two verses we just read from Jeremiah and Psalms!

If you never know anything else about God in your whole life, I pray that you know without a doubt that God loves you.

He made you to know His love and to live out your life with that knowledge.

## **GOD GAVE US JESUS**

The second truth that helps us understand God's love is how He gave us Jesus.

One of the main reasons God gave us His Word, the Bible, is to give every person a clear message that God made you and loves you more than anyone else in the world is ever going to love you.

In **John 3:16**, Jesus explains exactly how much God loves you and why that love is better than anyone else's love.

*[Again, if it makes sense for your group culture, have a student volunteer to read this out loud. If not, feel free to just read it yourself!]*

**For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.**

This verse is called the gospel – or good news – in miniature because, in one verse, John tells us that if we believe in Jesus and accept Him as our Savior, we will live forever with God.

That's how much God loves us – He wants to be with us forever. And He made a way through faith in Jesus to make that happen for anyone who believes.

If you have never taken the step of accepting Jesus as your Savior, putting your faith in Him for this life and forever in Heaven, I would love to talk more with you about that at another time.

It's the most important conversation we can ever have, and it's a big part of my job as your youth pastor, so please let me know if that's something you want to hear more about.

## **GOD SHOWS HIS LOVE THROUGH CREATION**

The next truth that helps us understand God's love is that God actually shows us His love through creation.

We can see with our eyes the world God created.

Sometimes the world doesn't look so great because sin came into God's perfect world and messed it up.

But if you go out into nature, you will see the world God created and planned for us.

Just look up at the sky at sunrise or sunset, or look at the stars in the night sky.

Think about places where God's creation is less disturbed, like the ocean or the mountains.

God's creation of the world is one way He shows us His love for us.

Just look at how intricate everything is and how everything works together! We can observe so much beauty but also use so much of nature in really cool ways – like how we can get medicines and building materials straight from nature.

When I am in nature, my heart responds to the beauty that God created.

I can feel His love with my heart when I look with my eyes at what He made.

Whether you can feel God's love or not, it's important to know that it's always there.

## **NOTHING CAN SEPARATE US FROM GOD'S LOVE**

The last truth I want to share with you that helps us understand God's love is that God says in the Bible that His love for the people He's created is so strong, nothing can separate us from it.

Let's read what it says in **Romans 8:38-39**.

*[Again, if it makes sense for your group culture, have a student volunteer to read this out loud. If not, feel free to just read it yourself!]*

**38 And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.**

**39 No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.**

Let's go through that list of the things Romans says can't separate us from God's love through Jesus:

- Fears
- Worries
- Earthly powers
- Angels
- Demons
- Life
- Death
- Nothing in all creation

It's pretty powerful to think that the God of the whole universe loves me.

Take a minute to think about that. *[Pause for maybe 30 seconds.]*

I don't want to get a big head because I know I don't deserve God's love.

But He gives it to me anyway – and I have the choice of whether or not to love Him back.

Our next lesson will talk about how we are designed for a relationship with God and what that means.

For now, let's pray and go to our small groups.

## SMALL GROUPS

Look back at **Jeremiah 1:5**. It says: “**Before I formed you in the womb I knew you.**”

- How should your thinking about yourself change when you consider this verse?
- What kind of things might you do or not do, knowing God had plans for you before you even existed?
- In what ways does reading this verse make you feel special?

A lot of things in life can take away our feeling of being special. Here are just a few of those situations:

- Times when people have hurt us physically or emotionally
- Situations in which we have been rejected or left out
- When we feel like we aren’t good at something
- When someone bullies us
- When a friend turns their back on us
- When our parents get angry with us or punish us
- When we are in a situation that isn’t fair

But the way God sees us does not depend on how we act or how others treat us.

We don’t have to deserve God’s love for us.

He loves us unconditionally and forgives us when we make mistakes, and we ask for forgiveness.

We will always be special and have worth because of God’s love for us, no matter what else happens in our lives.

- What things in your life make it especially hard to believe that God thinks you’re special?
- If you were giving advice to someone else who told you the same things you just said, what would you say to help them understand what God really thinks?
- What feeling do you get when you hear that God thinks you’re special no matter what you do?

Look Back at **John 3:16**, which says, **“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.”**

- How is God’s love different from other types of love you have experienced in the world?
- Who do you think loves you the most of everyone else in the world?
- Has that person ever hurt you or done something wrong to you?

People’s love is always flawed, but God’s love is perfect.

People may let us down. Sometimes they don’t give us support when we need it.

Other times they may do or say something that hurts us, even if they didn’t intend to.

Sometimes relationships are even abusive, with someone telling us they love us but are hurting us physically or emotionally over and over again.

(If you think you are in an abusive relationship, please reach out to me or someone else you trust. No one should be abused, and there are many people who want to help you get out of that situation.)

True love means putting someone else and what they need above yourself.

This is what sacrifice means – to give something up for someone else.

Jesus could have said, “I am more important than all of these people on earth. They deserve to die for their sins.”

But instead, He loved us enough to sacrifice everything – His human life – so that we could know God personally and live forever with Him.

- Has any person ever sacrificed something for you? What were your thoughts about their sacrifice?
- Have you ever sacrificed something for someone else? Why did you do it? Was it meaningful to you? To them?

- Would you bother to sacrifice for someone you didn't care about?
- What does God's sacrifice of His Son reveal about how He must feel about you?

It's important to take time each day, or each week, to reflect on God's love for you. It can be all too easy to forget that God loves us when the world has so many ways of making us feel unloved and like no one cares about us.

Some people like to write messages to themselves or write down a Bible verse that reminds them of God's love – like **Romans 8:38-39** – and pin it to their bulletin board or tape it to their mirror.

As another suggestion, I have made a background on my computer or phone with a message I want to remember.

Putting a reminder in your phone to pray or read scripture is another great way to make sure you remember to spend time with the One who loves you.

- What is one thing you can do to remind yourself of God's love for you this week?